



A BEGINNER'S GUIDE TO REVISION



The Do's...

- **DO** ensure that you get all that you can from each and every lesson.
- **DO** ask for help if you do not understand.
- **DO** make sure you understand new concepts before leaving the classroom.
- **DO** start revising as early as possible.
- **DO** discuss new ideas and concepts with a friend or relative.
- **DO** review the day's work at home. **DO** practise questions.
- **DO** past papers.
- **DO** build in variety – beat the boredom!
- **DO** develop ways of memorising information.
- **DO** attend revision sessions.
- **DO** plan your revision and stick to it.
- **DO** have a place to revise without distractions.
- **DO** turn your phone off when revising.
- **DO** drink water.
- **DO** take regular short breaks.
- **DO** get plenty of sleep.
- **DO** something you enjoy as a treat.
- **DO** have a well lit place to work.
- **DO** have all of your equipment and resources close to hand.
- **DO** have fresh air.
- **DO** have a comfortable chair.
- **DO** revisit the work you have already revised.
- **DO** make your revision active.



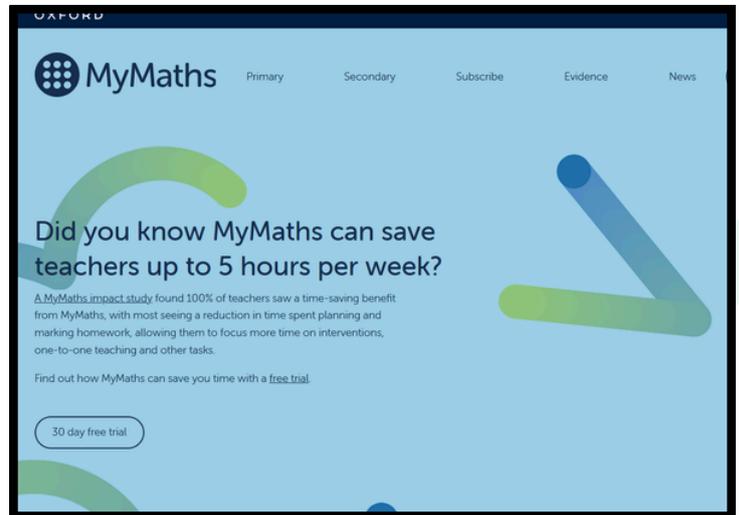
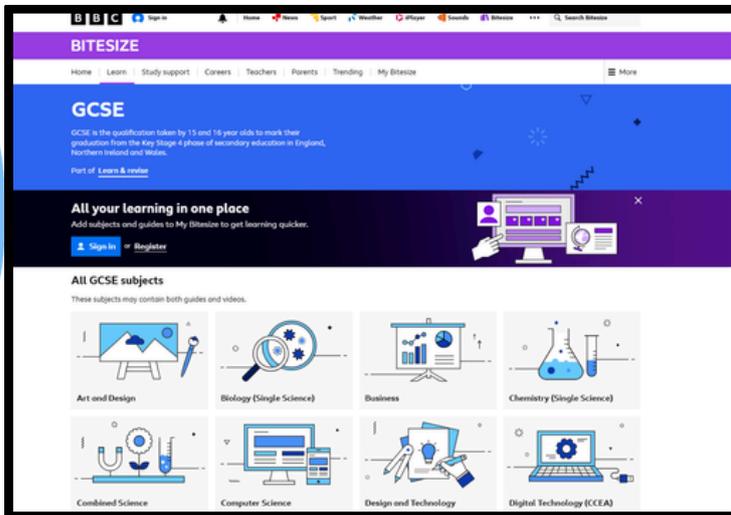
Do your best!

Revision Websites

Why use them?



- Easy to access
- Interactive content
- Good subject range
- Self marking
- Instant Feedback



Beating Stress

Some of us are not fazed by exams, where as others find them stressful. As long as you know how to recognise that you are too stressed and how to combat it, then it will not be a problem. Identifying Stress If you experience some of the following then you might be straining yourself due to too much stress.

Identifying Stress

If you experience some of the following then you might be straining yourself due to too much stress:

- Wanting to be alone
- Difficulty sleeping
- Difficulties concentrating
- Becoming very emotional or sensitive
- Feeling down
- Feeling irritable
- Suffering from headaches

Relaxation Techniques

Find a quiet comfortable place, lie down and close your eyes. Tense all of your muscles, clench fists, etc. Now deliberately relax each muscle until you are totally at ease. Breathe in deeply and hold your breath for a count of 5. Breathe out gently. Repeat this – listening to your breathing for several minutes. If thoughts enter your head let them go – just concentrate on breathing. When you are relaxed enjoy the peace and quiet.



FOUR TIPS FOR EXCELLENT REVISION

PREPARE YOUR WORKPLACE

Make sure that you have:

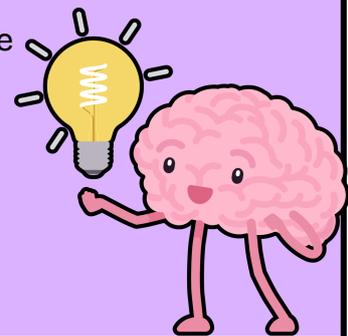
- A tidy, undisturbed place to work
- A comfortable chair
- A table which gives you enough room for your books
- A bright table lamp
- All the books you need – school notes, revision guides, etc
- Pens, pencils, scrap paper, etc



COMMIT TO MEMORY

Try to memorise:

- Connections between facts and patterns which give shape to a topic, e.g. definitions, scientific laws
- Vocabulary for foreign languages, verb endings
- Quotations from set texts
- Diagrams or drawings, e.g. science apparatus
- Scientific facts such as chemical symbols and formulae
- Mathematical formulae



MAKE YOUR LEARNING ACTIVE

Stimulate your mind and learn effectively by:

- Write down key points
- Draw diagrams or charts several times
- Test yourself by covering an original diagram, draw it again and check against the original
- Read/sing it out aloud
- Underline key points or quotations
- Use Mnemonics to help you remember lists. The naughtier, the better!
- Use word games to remember things
- Get friends or family to test you
- Work through work books and past papers
- Use the mark schemes.



REVISION NOTES

Make revision notes by:

- Making revision notes on small pieces of card. Look at them on the bus!
- Make revision posters and put them where you see them every day. Why not on the back of the toilet door!
- Make flash cards with questions on one side and answers on the other. Use these to get people to test you with
- Using a revision guide along with your class notes
- Make mind maps



The Night Before An Exam

Now is the time to relax and prepare for the next day. Do something you really enjoy doing and ensure that as the evening progresses you totally relax.

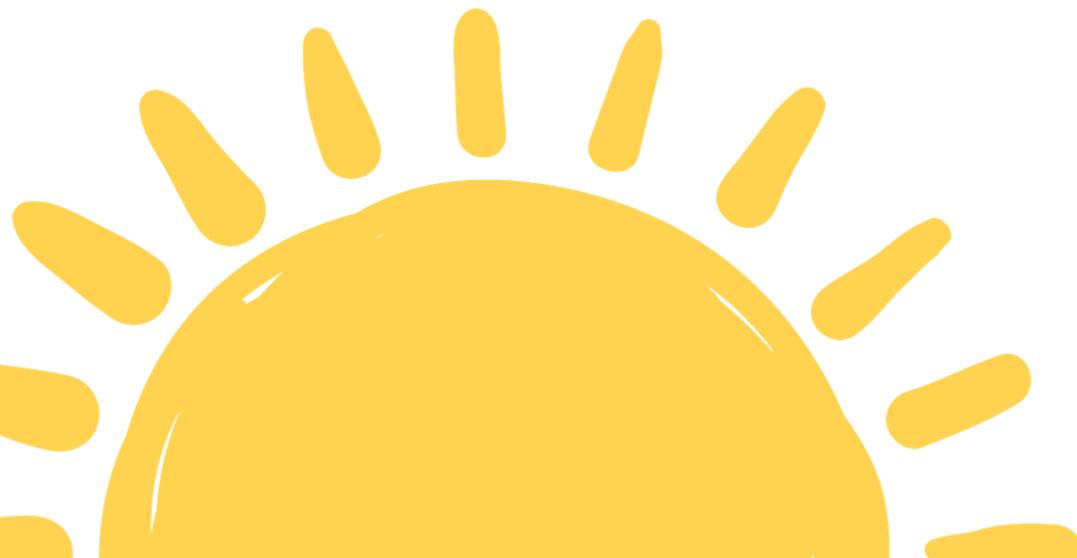
You will sleep better if you do the following:

- Put out all of your equipment – 2 black pens, pencil and sharpener, rubber, ruler, calculator, etc. These should be in a clear pencil case or bag.
- Know your candidate number
- Check your exam timetable – which room is the exam in? What time do you have to be there? Do not rely on a friend to tell you as they might be doing a different exam in a different place at a different time!
- Have a warm bath and perhaps try some relaxation exercises
- Go to bed early and set your alarm



The Morning of an Exam

- Get up and have a good breakfast. Don't have lots of caffeine or sugary foods. Cereal and toast is ideal.
- Leave the house in plenty of time and check you have everything with you.
- Leave valuables such as phones and MP3 players at home
- Go to the exam preparation group being run before all exams
- Line up calmly and quietly outside of your exam venue at the time you were told
- You can take in a bottle of water – keep hydrated

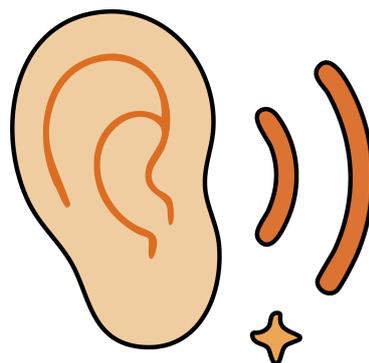


In The Exam

Find your seat - You will have a letter to tell you which row you are in. Then look for the desk with your candidate number and name on it.



Listen carefully to instructions



Make sure that you fill in the front of the paper correctly



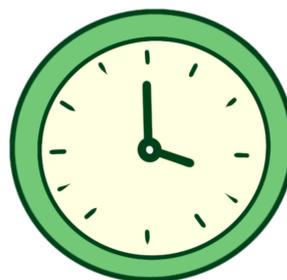
Read the questions carefully



Look at how many marks are available for each question and think how many points you therefore need to make



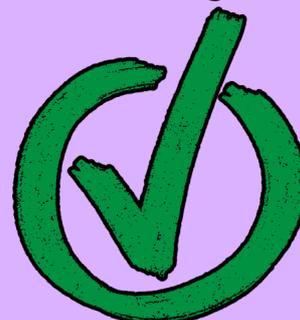
Keep an eye on how long you have left



Think about the timings, are you spending too much time on a section?



When finished, check your answers carefully



Exam Rules

Please arrive 10 minutes before the start time on your timetable



Please wait quietly outside until you are called in



Make sure you have all other necessary equipment (calculator, rulers etc.)



Listen carefully to all instructions



Make sure you put your name and candidate number on all answer paper



Make sure you have the correct paper before you start (Higher or Foundation tier) - Put your hand up if you think you may have the wrong paper



Make sure you have a black pen - The invigilators may not give you a pen if you don't bring one



Do not attempt to communicate with any other student; do not turn around



If you disrupt an exam you will be given a verbal warning to improve your behaviour, if you continue to disrupt the exam you will be given another verbal warning, if an invigilator has to warn you again they will then call for SSD, HoY or the Exams Officer when you will be removed from the exam. You will only be readmitted if you can promise to amend your behaviour, any further disruption will result in permanent removal from the exam.

Do not forget to bring a black pen!

REMINDER